

## Standard Life Journal

<b>Date</b>	<u>MM,DD,YYYY</u> ( <u>日</u> )	<b>Uptime</b>	<u>HH:MM</u>	<b>Weather</b>	<u>HH/LL</u> °C <u>RAIN</u> %
<b>Check List(Common)</b>			<b>Sleep Time</b>		<u>HH:MM</u>
<b>#</b>	<b>Item</b>	<b>Note</b>	<b>Breakfast Details</b>		
0	Morning Clean				
1	Breakfast				
2	Research				
3	Lunch		<b>Lunch Details</b>		
4	English Learning				
5	Japanese Learning				
6	Physics Learning				
7	Dinner		<b>Dinner Details</b>		
8	Latin Learning				
9	Reading				
A	Battery Charge				
B	Take Medicine		<b>Medicine Details</b>		
C	Data Backup				
D	Night Clean				
E	Hair/Body Clean		<b>Bed Time</b>	<u>HH:MM</u>	
F	Wash Cloths/Socks		<b>Important</b>		

## Placid | Reason | Probe | Precise

<b>Check List(Specified)</b>			<b>Research Note</b>		
<b>#</b>	<b>Item</b>	<b>Note</b>			
0					
1					
2					
3			<b>Learning Note</b>		
4					
5					
6					
7					
8					
9					
A			<b>Summarize</b>		
B					
C					
D					
E					
F					
<b>Feeling</b>					